Women of the Summit in Frisco Highlights Member Dr. Alex Paul From Backcountry Chiropractic

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Women of the Summit has published a member highlight featuring Dr. Alex Paul, DC, PAK, co-founder of Backcountry Chiropractic. The organization, which connects professional women in the Summit County area, selected the highlight to note the practice's presence in Frisco and its services for local families. This recognition draws attention to established chiropractic resources available in the community.

Dr. Alex Paul, DC, PAK, co-founder and chiropractor at Backcountry Chiropractic, first turned to chiropractic care after high school injuries that affected her physically and emotionally. The care provided a broader perspective on health that shaped her professional direction. She earned an undergraduate degree in Integrative Physiology and Neuroscience from the University of Colorado Boulder. She received her Doctor of Chiropractic degree from Life Chiropractic College West, graduating at the top of her class. Dr. Paul holds certification in Applied Kinesiology and has background in nutrition, advanced laboratory analysis, and herbal medicine. Prior to founding the practice, she delivered care to students, staff, and athletes in Wisconsin school districts and led a high school athletic program for performance and injury prevention.

The Women of the Summit member highlight presents Backcountry Chiropractic as a practice that serves families from infants to seniors. Located in Frisco, the practice conducts assessments of spinal function and its relationship to the nervous system. The nervous system coordinates signals between the brain and body, influencing multiple physiological processes. Care follows standard chiropractic principles with plans developed according to individual patient history and objectives.

Dr. Danny Otis, DC, LCP, DPhCS, founder and chiropractor at Backcountry Chiropractic, grew up in St. Paul, Minnesota. Childhood health issues that continued despite other methods led him to chiropractic care. He completed an undergraduate degree at the University of Wisconsin?Eau Claire with double majors in Kinesiology: Movement Studies and Psychology: Human Behavior. He earned his Doctor of Chiropractic degree from Life Chiropractic College West, graduating with Clinical Honors. Dr. Otis completed a three-year

postgraduate program and holds the Diplomate in Philosophical Chiropractic Standards, a distinction held by approximately 300 chiropractors worldwide.

At Backcountry Chiropractic, the first visit lasts approximately 30 minutes and includes a detailed health history review along with examination. Follow-up sessions are structured for efficiency while responding to patient needs. The practice does not process insurance claims directly, though patients may submit for reimbursement where possible. Health savings accounts and flexible spending accounts are accepted. This arrangement allows focus on patient-specific considerations.

Services cover all age groups. For infants and children, approaches align with principles tied to neuro-developmental stages and growth. Teenagers receive attention to sports participation, posture from device use, and developmental factors. Adults commonly address issues such as back pain, neck pain, headaches, and sciatica. Care during pregnancy considers structural alignment. For older adults, services relate to mobility and daily function. All plans arise from individualized assessments rather than fixed protocols.

The Frisco area includes residents and visitors active in outdoor recreation such as skiing, hiking, snowboarding, running, and golfing. Dr. Paul participates in skiing, hiking, surfing, and golfing. Dr. Otis engages in running, golfing, snowboarding, hockey, surfing, and hunting. These pursuits give the practitioners insight into the physical demands typical among patients in Summit County.

"The Women of the Summit member highlight provides a valuable opportunity to connect with other professionals in the community," said Dr. Alex Paul, co-founder and chiropractor at Backcountry Chiropractic. "Such features help strengthen local networks that support families across Summit County."

"Chiropractic care centers on evaluation of spinal alignment and its effects on nervous system function," said Dr. Danny Otis, founder and chiropractor at Backcountry Chiropractic. "This framework supports our interactions with patients of different ages and activity levels in the Frisco region."

Women of the Summit works to build connections among women professionals and advance initiatives that serve the wider area. Member highlights introduce various services to residents. Backcountry Chiropractic maintains a setting focused on clear communication during patient visits. The office layout facilitates discussions of health history, current status, and individual goals.

Chiropractic principles view the body as an integrated system in which spinal motion influences nervous system signaling. The Diplomate in Philosophical Chiropractic Standards held by Dr. Otis encompasses advanced study in the profession's foundational concepts and clinical applications. Dr. Paul's certification in Applied Kinesiology incorporates muscle response evaluation methods. These elements inform the structured

assessment processes at the practice.

Patients visit for reasons that include back pain, neck pain, headaches, sciatica, sleep quality, digestion, stress adaptation, posture, and mobility. The practice supplies information consistent with chiropractic training on how spinal assessment connects to these topics. Care plans are adjusted over time according to patient progress and requirements.

The recognition from Women of the Summit corresponds with Backcountry Chiropractic?s position in Frisco. The practice was established to respond to demand for this category of care in a location defined by active lifestyles and seasonal physical demands. It forms part of the health service options accessible to families in the area.

Patient appointments follow a defined process. The initial session collects comprehensive background details. Later visits track developments and refine methods when appropriate. Explanations are included at each stage to aid patient comprehension. This sequence promotes patient engagement in care decisions.

In Summit County, recreational activities and routine demands create ongoing effects on the musculoskeletal and nervous systems. Chiropractic care supplies a professional method to assess movement restrictions. The practice operates as one available resource for individuals and families pursuing function maintenance through recognized approaches.

Backcountry Chiropractic sustains its operations in Frisco with attention to professional standards and community participation. The Women of the Summit highlight adds visibility within regional networks. Both founders continue to apply their education and experience to patient care in the community.

Groups like Women of the Summit contribute to community cohesion by linking professionals from multiple sectors. Highlights of this type raise awareness of services present in the area. Backcountry Chiropractic stands as one health practice active in Frisco and the broader Summit County region.

Backcountry Chiropractic offers nervous system-oriented chiropractic services to people of all ages in Frisco, CO. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice applies principles of spinal assessment to support patient function according to individual circumstances.

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Backcountry Chiropractic

Backcountry Chiropractic provides nervous system?based chiropractic care for all ages in Frisco, CO and beyond.

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